

WHAT IS CLAIMED IS:

1. An angiotensin converting enzyme inhibitor, which is a composition containing a mixture of a plurality of peptides obtained by digesting fish meat with thermolysin enzyme, and wherein a content of a polypeptide ingredient having a molecular weight of at least 5000 is at most 10 % by weight with respect to a solid portion of the composition.

2. An angiotensin converting enzyme inhibitor according to Claim 1, wherein the composition containing a mixture of a plurality of peptides comprises at least one selected from the group consisting of Ile-Tyr (SEQ. ID. NO. 2), Phe-Gln-Pro (SEQ. ID. NO. 3), Ile-Leu-Tyr (SEQ. ID. NO. 4), Ile-Tyr-Ala (SEQ. ID. NO. 5), Ile-Lys-Trp (SEQ. ID. NO. 6), Leu-Lys-Tyr-Pro (SEQ. ID. NO. 7), Ile-Val-Arg-Asp (SEQ. ID. NO. 8), Leu-Lys-Pro-Asn-Met (SEQ. ID. NO. 9), Ile-Trp-His-His-Thr (SEQ. ID. NO. 10), Ala-Leu-Pro-His-Ala (SEQ. ID. NO. 11), Ile-Lys-Pro-Leu-Asn-Tyr (SEQ. ID. NO. 12), Asp-Tyr-Gly-Leu-Tyr-Pro (SEQ. ID. NO. 13), and Ile-Val-Gly-Arg-Pro-Arg-His-Gln-Gly (SEQ. ID. NO. 14).

3. An angiotensin converting enzyme inhibitor of Claim 1, wherein the fish meat is a dried fish.

4. An angiotensin converting enzyme inhibitor of Claim 2, wherein the fish meat is a dried fish.

5. An angiotensin converting enzyme inhibitor of Claim 1, wherein a residue from extraction of the dried fish with boiled water is used as the fish meat.

6. An angiotensin converting enzyme inhibitor of Claim 2, wherein a residue from extraction of the dried fish with boiled water is used as the fish meat.

7. An angiotensin converting enzyme inhibitor of Claim 3, wherein the dried fish is a dried bonito.

8. An angiotensin converting enzyme inhibitor of Claim 4, wherein the dried fish is a dried bonito.

9. An angiotensin converting enzyme inhibitor of Claim 5, wherein the dried fish is a dried bonito.

10. An angiotensin converting enzyme inhibitor of Claim 6, wherein the dried fish is a dried bonito.